

Amendments to the Claims:

This listing of the claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1-6 (cancelled)

Claim 7 (original): A vertically flat frame for an exercise machine consisting essentially of a pair of laser-cut sheets of steel of substantially identical shape and connected together in spaced parallel relation to form said relatively flat frame, the plates being held together in spaced parallel relation by a plurality of braces which extend across the width of the flat frame and around the periphery of the plates, the resulting frame having a heel portion, a vertical portion extending above the heel, a lower base portion extending forwardly of the heel and a seat portion extending forwardly from the vertical portion above the base portion, the seat portion providing means for attaching a seat thereto and the upper portion above the seat providing a means for securing a back support thereto.